



# Navy Drug Detection and Deterrence News

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## Messages to Share

*Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:*

1. November is Navy and Marine Corps Public Health Center's Tobacco Free Living Month, and the Great American Smoke Out is on November 21. These are great opportunities to try to quit smoking for your own health and your family's. Find tips, tools and resources from You Can Quit 2 at [ycq2.org](http://ycq2.org) or at [SmokeFree.gov](http://SmokeFree.gov).
2. As the holidays approach, you may be planning to catch up with old friends or family over food and drinks. By drinking responsibly, you're ensuring that you stick to your personal limits and maintain control over how much you drink to protect yourself and career. Find tips from Own Your Limits, the new Department of Defense responsible drinking campaign. Check it out at [OwnYourLimits.org](http://OwnYourLimits.org).
3. Complaining of a backache may push mom to lovingly offer some pain medications she got from her doctor or your brother to give you some leftover meds from recent dental work, but sharing prescription medications is never a good idea and can put your career at risk. Learn more about how family members can keep their Sailors safe at [youtu.be/\\_SDALhCiq28](https://youtu.be/_SDALhCiq28).
4. Navy Drug Detection and Deterrence is the official resource for information about Navy drug testing and policy. Visit [www.ddd.navy.mil](http://www.ddd.navy.mil) to learn more.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.

## Steps for Successful Smoking Cessation

November 21 will be this year's **Great American Smokeout**, when at least half American smokers will try to quit. Habits are hard to break, and quitting smoking is a process. E-cigarettes are often marketed as smoking cessation tools, but they are **not** recommended and have **not** been shown to increase success. With high levels of nicotine and other chemicals, using them to quit only adds a new addiction and quitting challenge. Research indicates that success with quitting is most likely if you take the following steps:

1. **Prepare mentally beforehand.** Nicotine is an addictive chemical, and quitting smoking is likely to cause uncomfortable withdrawal symptoms. Fortunately, they come on quickly and begin to subside within just a few days. Keep in mind that only about 30 percent of people who try to quit remain smoke-free for two days, so if you can get to day three, you will be well on your way to success.
2. **Get support from friends, family and professionals.** Prepare yourself and those around you for mood swings, irritability, trouble concentrating and sleepiness. Ask friends and family to be patient and encouraging during this time. Counseling helps, too. Treat yourself when you overcome that initial withdrawal phase!
3. **Adopt new habits and skills to cope without cigarettes.** Think about when you smoke: When you wake up? After eating? When stressed? While drinking coffee or alcohol? Before your quit date, try not smoking during these triggering situations. Experiment with coping skills like chewing gum or sucking on a mint instead. Finding something to do with your hands, like holding a stress ball, fidget cube or rubber band can help distract you.
4. **Take medication or use nicotine replacement therapy to help ease withdrawal symptoms.** There are many medications that can reduce your urge to smoke, including Chantix and the antidepressant bupropion. Other options include nicotine replacement therapies like gums, nasal spray, patches, lozenges and a prescription inhaler, used similarly to a cigarette.
5. **Prepare for setbacks.** If you have a cigarette, don't give up and let it turn into a relapse. Use this slip as a learning opportunity; review the situation and plan to deal with temptation differently when it happens in the future. Remember: Quitting smoking is one of the best things you can do for your health and the health of those around you. It's worth the effort, and you can do it!

### Benefits of Quitting

Quitting smoking decreases risk of cancers, heart attacks, emphysema, stroke and health harms to family. It increases lifespan by more than a decade, decreases premature aging and pregnancy risks and can save you at least \$1,500 annually. Nearly 70 percent of smokers want to quit, but it could take multiple tries before successfully quitting. Following the steps outlined above can help with quitting for good. For more smoking cessation information and tips, visit You Can Quit 2 ([ycq2.org](http://ycq2.org)) or [smokefree.gov](http://smokefree.gov).



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## How Much is 0.3 Percent?

The 2018 Farm Bill defines hemp as any cannabis plant containing no more than 0.3 percent tetrahydrocannabinol (THC) on a dry weight basis. Tetrahydrocannabinol is the chemical component in marijuana that creates psychoactive effects for the user. Cannabidiol or CBD, on the other hand, is a chemical in marijuana plants that does not create psychoactive effects.

Since the Farm Bill was signed, CBD products — often claiming to be THC-free — have become widely available at retailers from gas stations to department stores. Proponents of CBD say it helps with numerous conditions, though science does not back those claims up. In CBD products, the legally allowed 0.3 percent THC content translates to around 2.7 mg of THC per milliliter.

For reference, a recent Johns Hopkins University study found that marijuana brownies containing just 10 mg of THC caused psychoactive effects in adult users. The average marijuana “joint” in Colorado contains up to 63 mg of THC, and around 17 mg is absorbed into the body when smoked. In Oregon, single servings of an edible marijuana product must not contain more than 5 mg of THC. And the recommended starting dose of Marinol, an FDA-approved prescription THC formulation, is 2.5 mg.

CBD oil products available commercially are commonly sold in units of 30 ml. That means such a bottle could contain up to 82 mg of THC (or 2.73 mg of THC per one ml serving). A single four gram CBD gummy could contain 12 mg of THC, and a 30-count bottle could contain 360 mg.

Less than one percent almost always sounds like no big deal, and with CBD products being legally allowed to contain a seemingly negligible 0.3 percent THC, they may seem harmless. But remember that it can add up. Avoid CBD products to protect your career.



## Current and Upcoming Events

### November DDD Webinars

*All webinars are scheduled for 1000-1130 CT and 1700-1830 CT*

6 — Avoiding THC/CBD-infused Beverages & Other Products

20 — Running Reports

To join, log on at [go.usa.gov/xPPS2](https://go.usa.gov/xPPS2).

### ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at [my.navy.mil](https://my.navy.mil).

### NMCPHC Tobacco Free Living Month November

Find the toolbox at [go.usa.gov/xVeZ5](https://go.usa.gov/xVeZ5).

### Great American Smoke Out November 21

Find resources and information on quitting smoking at [SmokeFree.gov](https://SmokeFree.gov) or You Can Quit 2 ([ycq2.org](https://ycq2.org)).

## Workplace Drug Positives Increase

A recent Quest Diagnostics report shows that over half of US states and around a third of major US industries have experienced an increase in workplace drug test positives between 2015 and 2018.

Throughout the US, 4.4 percent of tests were positive in 2018. The highest rates of positives were in Oregon (6.5 percent) and Maine (6.1 percent), along with Vermont, Alabama, Louisiana and Massachusetts. North Dakota, Wyoming, Minnesota, South Dakota, Montana and Nebraska had the lowest rates of positives, all with less than 4 percent.

Marijuana was the most commonly detected drug in 2018, and it was the most common across all employment sectors except educational services, mining, and public administration. Positives for marijuana have increased by over 35 percent in the past five years. Retail trade workers had the highest rates of positives in 2018 at 5.4 percent, which had increased from 4.7 percent in 2015. Learn more from [Quest Diagnostics](https://QuestDiagnostics.com).